

# Oppositional, Defiant & Disruptive Children and Adolescents

## Non-medication Approaches to the Most Challenging Behaviors

Children and adolescents with ODD, ADHD, Asperger's, anxiety, mood and disruptive disorders provide constant clinical and parenting challenges. Attend this seminar and learn new, effective non-medication strategies for your client's most challenging behaviors including:

- Tantrums
  - Running out/away
  - Noncompliance
  - Nagging
  - Refusing to work/help
- Yelling/screaming
  - Bullying
  - Panic/anxiety reactions
  - Lack of follow through
  - Not following directions

You will walk away with immediate strategies for out-of-control behaviors and techniques for emotional regulation along with long-term treatment strategies to help kids at home and school. Jennifer Wilke-Deaton is a clinical expert and has worked with the most challenging kids both in clinical and school settings. Through the use of case studies and action-oriented handouts, you will leave this seminar with solutions to turn your most challenging kids around.

- ### Objectives
1. Utilize clinical strategies to reduce the frequency, duration and severity of behavioral episodes that challenge therapists, educators, professionals and parents.

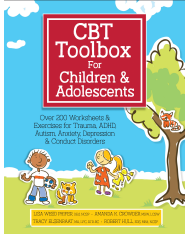
2. Implement both proactive and reactive strategies for oppositional, defiant and disruptive behavior in children and youth.

3. Discriminate between the clinical presentation of behavioral episodes and psychiatric symptoms to inform treatment.
4. Communicate how a skilled observation of behavior informs your treatment approach.

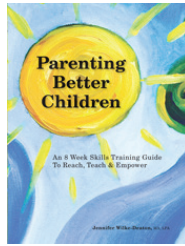
5. Develop clinical skills for establishing a therapeutic rapport to overcome treatment resistance in children and adolescents.

6. Effectively develop a behavior intervention plan and safety plan across all settings including home and school.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



**CBT Toolbox for Children and Adolescents**  
*Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders*  
**By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Elsenraat**  
*The CBT Toolbox for Children and Adolescents gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.*



**Parenting Better Children:**  
*An 8 Week Skills Training Guide To Reach, Teach & Empower*  
**By Jennifer Wilke-Deaton, MA, LPA - Your Presenter!**  
*An all-in-one package to manage behavior before it becomes clinically significant. An 8-week course that includes straightforward teaching methods, outlines and handouts for skills training, and troubleshooting solutions.*

### Outline

- Behaviors That Make Us Crazy**

  - Tantrums
  - Running out/away
  - Noncompliance
  - Nagging
  - Refusing to work/help
  - Yelling/screaming
  - Bullying
  - Panic/anxiety reactions
  - Lack of follow through
  - Not following directions
- Disorders**

  - Oppositional Defiant Disorder
  - ADHD
  - Mood disorders
  - Anxiety disorders
  - Attachment issues/disorder, conduct disorder, autism spectrum disorders
- Assessment**

  - The functions of behavior
  - Fear-based (Fight, Flight, Freeze or Submit)
  - Escape
  - Attention
  - Sensory
  - Pain
  - Control
- Mental Health Disorder or Behavior Problem**

  - The power of skilled observations
  - The interview
  - Comparison to the group
  - The FBA-Incredibly powerful assessment tool
  - The art of choosing a diagnosis (if you have to at all!)
- Limitations of the Research and Potential Risks**
- Treatment Strategies Part I**

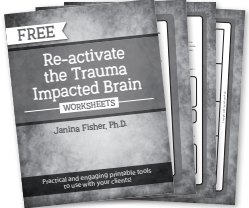
  - Proactive
    - Behavior plans
    - Motivational incentives
    - Set the stage for success
    - Remember the initial goal
    - Appropriately address the functions of the behavior
  - Reactive
    - Corrective measures
    - It's like playing chess in a tornado
- Treatment Strategies Part II**

  - Specific strategies for the following behavioral challenges:
    - Tantrums
    - Running out/away
    - Noncompliance
    - Nagging
    - Refusing to work/help
    - Yelling/screaming
    - Bullying
    - Panic/anxiety reactions
    - Lack of follow through
    - Not following directions
- Treatment Strategies Part III**

  - Specific strategies for the following disorders:
    - ODD
    - ADHD
    - Mood disorders
    - Anxiety disorders
    - Working with unsafe behaviors
- Treatment Strategies Part IV**

  - Special populations & circumstances
    - Asperger's disorder
    - Divorce, separation
    - Abuse and neglect
    - Parent misbehavior
    - Foster care

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DAY ONE

Monday, February 10, 2020

## Oppositional, Defiant & Disruptive Children and Adolescents

### Non-medication Approaches to the Most Challenging Behaviors

DAY TWO

Tuesday, February 11, 2020

## ADHD, ASD, ODD & Mood Disorders

### Over 50 Behavior-changing Techniques for Children and Adolescents

**Honolulu, HI**  
Monday & Tuesday  
February 10 & 11, 2020

**Honolulu, HI**  
Monday & Tuesday  
February 10 & 11, 2020

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DAY ONE

Monday, February 10, 2020

## Oppositional, Defiant & Disruptive Children and Adolescents

### Non-medication Approaches to the Most Challenging Behaviors

- Effective strategies for ODD, ADHD, anxiety and mood disorders
- Strategies for tantrums, noncompliance, bullying and other challenging behaviors
- Improve treatment with better assessment of the look-alike disorders
- Positive alternatives for your most challenging kids

DAY TWO

Tuesday, February 11, 2020

## ADHD, ASD, ODD & Mood Disorders

### Over 50 Behavior-changing Techniques for Children and Adolescents

- Specific interventions for anger, depression, anxiety, trauma, ODD, ASD, ADHD
- Techniques to promote “whole brain” change in developing minds
- CBT, mindfulness, self-regulation and brain-based interventions designed just for kids
- Reproducible worksheets to use in any setting

**Honolulu, HI**  
Monday & Tuesday  
February 10 & 11, 2020

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Monday & Tuesday  
February 10 & 11, 2020

**SAVE BY ATTENDING BOTH DAYS!**

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# ADHD, ASD, ODD & Mood Disorders

## Over 50 Behavior-changing Techniques for Children and Adolescents

It's guaranteed... this seminar will guide you through focused, clear and successful methods for treating children. You will walk away with evidence-based techniques that will not only re-energize your practice but also help your clients to:

- Decrease:**  
Aggression  
Distractibility  
Impulsivity  
Over-Activity  
Sensory Sensitivity  
Irritability/Temper Tantrums  
Hopelessness  
Panic/Anxiety
- Increase:**  
Effective Communication  
Self-Control  
Coping with Environmental Change & Transitions  
Task-Focus & Persistence  
Empathy & Remorse  
Respect  
Social Skills

Join Jennifer Wilke-Deaton, M.A., L.P.A., national speaker, expert and author as she teaches you more than 50 proven techniques to quickly improve the lives of children and adolescents with ODD, ASD, ADHD and mood disorders. Learn how to troubleshoot and adapt techniques for preschool through high school aged kids through real-life case studies, video/audio clips, reproducible client-friendly worksheets, and step-by-step directions for every intervention. Jen's passion, caring, humor, and time-tested approaches will make this day of learning fly by! You will leave invigorated and empowered to treat the top childhood disorders.

## Objectives

- Utilize effective clinical techniques for working with kids with behavioral issues, high functioning ASD, ADHD and mood disturbance.
  - Determine how to promote “whole brain” change to improve clinical outcomes in children with verbal processing and auditory learning issues.
  - Develop tools for daily mindfulness and self-regulation practice to improve child/adolescent level of functioning.
- Analyze the diagnostic symptoms of behavioral/emotional disorders in children and adolescents and establish how this informs your choice of intervention strategies.
  - Dissect how to reduce power struggles & anger through CBT and validation techniques.
  - Explore clinical manifestations among anxiety disorders, ADHD, mood disorders and ODD as it relates to diagnosis.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

### Target Audience

Counselors, Social Workers, Psychologists, Marriage and Family Therapists, Speech-Language Pathologists, Teachers, School Guidance Counselors, Case Managers, Nurses, School Administrators, Educational Paraprofessionals, Occupational Therapists & Occupational Therapy Assistants, Other Helping Professionals that Work with Children

## Outline

### Making Effective Treatment and Academic Goals for:

- ODD/CD
- ASD
- ADHD
- Anxiety/Depression
- Trauma
- Substance Abuse

### The Brain-Behavior Connection

- Executive Functioning
- Auditory Processing
- Emotion Regulation
- Sensory-Motor

### Limitations of the Research and Potential Risks

### Proven Treatment Techniques for ODD

- Environmental support to increase autonomy
- Self Regulation to decrease arousal states
- Reverse aggression and inattention caused by technology and video games
- Promote healthy brain function with structured daily living practices
- Reduce power struggles and anger through CBT and validation techniques
- Foster positive peer involvement & altruism
- ... and more

### Proven Treatment Techniques for ASD

### Group and individual techniques for developing social skills of:

- Improved prosody
- Appropriate eye contact
- Awareness of personal space
- Effective use of gesture and posture
- Redirection from preoccupational interests
- Coping with transitions

### Proven Treatment Techniques for ADHD

- Reduce excessive movement and climbing
- Improve executive functioning and attention to detail
- Develop an effective teaching/learning environment
- Promote fluid task shifting
- Develop “whole-brain” problem-solving skills
- Boost sensory regulation
- Effectively advocate for seating assignment, home/classwork planning, and task fatigue
- ... and more

### Proven Treatment Techniques for Anxiety/Depression/Trauma

- Inoculate anxiety in high pressure situations with behavioral tools
- Facilitate anxiety control and decrease escapism at school and home
- Reverse lethargy and withdrawal through CBT techniques
- Increase distress tolerance skills utilizing sensory tools and imagery
- Nurture mindfulness skills and prevent hopelessness and worthlessness
- Prioritize worries for mindfulness practice through narrative activities and engagement of acceptance and commitment
- Create hands-on tools for decreasing sensory sensitivity
- Teach body awareness

### Live Seminar Schedule —for both days

- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (*on your own*)
- 4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

## Meet your Speaker

**Jennifer Wilke-Deaton, M.A., L.P.A.,** is a licensed behavioral health therapist in a private practice setting in Richmond, KY. Jen has more than 21 years of experience working with crisis management, psychological testing, inpatient/outpatient treatment, groups, families, and the court system. A tireless and passionate advocate for children and families, she developed a parent training program recognized by the Governor's Commission for the Treatment of Families and Kentucky's Child Protective Services. Jen helped create a regional children's crisis stabilization unit, children's advocacy center, and an intensive after-school program for behaviorally-challenged youth. She has published the *Creative Parenting Handbook*, *CD Awareness In Focus: Modern Guided Imagery Techniques for Immediate Practice*, *Awareness in Focus By Kids For Kids: Modern Guided Imagery Activities for Immediate Practice*, and *The Mandala Workbook: Activities Across the Lifespan*.

In addition to delivering her nationally recognized training programs for PESI and keynote presentations, Jen regularly speaks on mental health issues and child abuse for Morehead State University, Eastern Kentucky University, and National Public Radio; as well as psychological evaluations for the Department of Disability Determinations and the Office of Vocational Rehabilitation. Jennifer consults regularly for private/state foster care organizations, social services, schools, psychiatric hospitals, Head Start programs, in-home therapy programs, disability determinations, and case management services. Her specialties are in the areas of child abuse, PTSD, DBT, behavioral disorders, anxiety, autistic spectrum, and attachment. Jen shares time-tested, real approaches from the trenches, using humor, energy and passion for an engaging and effortless day of practical learning.

**Speaker Disclosures:**  
Financial: Jennifer Wilke-Deaton has an employment relationship with Hundley Psychological Services. She has developed audio products for Media Integrated Applied Psychology, LLC. and receives royalties. She is an author for Premier Publishing and Media and receives royalties. She is a compensated speaker for Morehead State University, Eastern Kentucky University, and National Public Radio. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Jennifer Wilke-Deaton has no relevant non-financial relationship to disclose.

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at [msullivan@pesi.com](mailto:msullivan@pesi.com) or call 715-855-8226.

### LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION FOR CONFERENCE

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. **NOTE:** Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [ce@pesi.com](mailto:ce@pesi.com) or 800-844-8260 before the event.

**Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals.** As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

#### Oppositional, Defiant & Disruptive Children and Adolescents

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

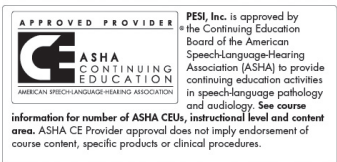
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**SOCIAL WORKERS:** This activity is pending approval from the National Association of Social Workers.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

#### ADHD, ASD, ODD & Mood Disorders

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

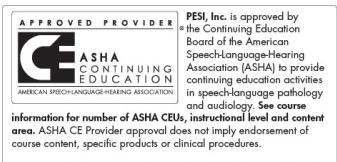
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## REGISTRATION FORM

**DAY 1: Oppositional, Defiant & Disruptive Children and Adolescents**

**DAY 2: ADHD, ASD, ODD & Mood Disorders: Over 50 Behavior-changing Techniques for Children and Adolescents**

**SAVE TIME! Express Register Online: [pesi.com/express/76856](http://pesi.com/express/76856)**

**1 Please complete entire form if sending by mail** *please print legibly*



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**3 Select Tuition**

**TUITION** including seminar manual

- ☐ **\$429.98** per person for both seminars (+tax in HI)
- ☐ **\$249.99** per person standard tuition for one seminar (+tax in HI)

**ADD-ON PRODUCTS — Save on Shipping!—Products Distributed at Seminar**

- ☐ **\$34.99 CBT Toolbox for Children and Adolescents** book\* (PUB085120)
- ☐ **\$24.99 Parenting Better Children** book\* (PUB083185)

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Select Payment Method**

**All registrations must be prepaid.**

- ☐ Check enclosed payable to **PESI, Inc.**
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#### ADA NEEDS

We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto:info@pesi.com) or call 1-800-844-8260 at least two weeks prior to the seminar date.

#### SAME DAY REGISTRATION

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— **Online Digital Seminar\***  
\$219.99 (POS062135) (Email required)  
— **Seminar on DVD\*\***  
\$219.99 (RN062135)

*(Day Two) ODD, ASD, ADHD & Mood Disorders: Over 50 Behavior-changing Techniques for Children and Adolescents*

— **Online Digital Seminar\***  
\$219.99 (POS012210) (Email required)  
— **Seminar on DVD\*\***  
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